

Report on the outcomes of a Virtual Mobility¹

Action number: CA18211

Grantee name: Olga Gouni

Virtual Mobility Details

Title: **Short Term-High Impact Discussions**

Start and end date: 21/05/2023 to 23/06/2023

Description of the work carried out during the VM

Description of the virtual collaboration and activities carried out during the VM, with focus on the work carried out by the grantee. Any deviations from the initial working plan shall also be described in this section.

(max. 500 words)

The list of the published papers or STSM reports was studied and a short list of 20 names was compiled. This included all Working Group leaders and substitute leaders, the STSM grantees, the Training School Leader and the VMG leader. E-mails were sent to all of them inviting them to participate in the interviews. The response was almost 30%. TEAMS scheduled interviews were sent out. Each person received the list of possible questions to structure the interview. Through emails or personal online meetings, the key points and the focus of each discussion was designed so that the information shared could be of the highest value. Consent was obtained by all of them so that the final video recording would show on youtube and the website of the action. On the actual dates, the videorecording was made for each of the planned discussions. Editing was made so that the result can be of optimum quality. Once ready, the video recordings were uploaded on YouTube-private- and the link to watch was sent to the interviewee who made their comment. Video recordings were edited accordingly to meet all suggestions made by the interviewees. Once again, they were uploaded to be screened and the final approval was given.

¹ This report is submitted by the grantee to the Action MC for approval and for claiming payment of the awarded grant. The Grant Awarding Coordinator coordinates the evaluation of this report on behalf of the Action MC and instructs the GH for payment of the Grant.

Description of the VM main achievements and planned follow-up activities

Description and assessment of whether the VM achieved its planned goals and expected outcomes, including specific contribution to Action objective and deliverables, or publications resulting from the VM. Agreed plans for future follow-up collaborations shall also be described in this section.

The main outcome of the submitted VM grant is the creation of a series of discussions under the title SHORT TERM-HIGH IMPACT DISCUSSIONS which highlights the impact that this Cost Action has created for families and or professional bodies.

The series consists of six discussions. The discussions are:

1. A Short Term-High Impact Discussion with Sandra Nakić Radoš on How Early Career Investigators Can Navigate in the Research Field Using Available Resources duration 00:57:49 <https://youtu.be/9b-m-fXGLHk>
2. A Short Term-High Impact Discussion with Prof Eleni Hadjigeorgiou on "Maternity Health Care Providers' Experiences of Traumatic Birth" duration 00:29:03 <https://youtu.be/plKLOHwzkzK>
3. A Short Term-High Impact Discussion with Rosita Gabbianelli on The Importance Of Popularizing The Knowledge About The Impact Of The Prenatal Stress On The Epigenome, duration 00:25:51 <https://youtu.be/qsY4FsfXeHs>
4. A Short Term-High Impact Discussion with Sylvia Murphy-Tighe on How Early Life Adversities Shape Relationships and Impact Present and Future Generations, duration 00:31:23 <https://youtu.be/A-JXiLzIHhE>
5. A Short Term-High Impact Discussion with Myrto Chronaki on Analysis of the Birth Space Factors Contributing to the Perinatal Trauma duration 00:32:07 <https://youtu.be/RXb0BfUi7f8>
6. A Short Term-High Impact Discussion With Julika Hudson on Comparing Iceland's to Ireland's Response to Covid-19. What Can We Learn? duration 00:29:38 https://youtu.be/Nv_zaN5-Ttc

Apart from being uploaded on Youtube, the series of discussions was uploaded on the website of the action. The link is <https://www.ca18211.eu/courses/short-term-high-impact-discussions/>

The specific outcome significantly contributes towards the CA18211 Action objectives as it:

- A. Strengthens the network, promotes sharing and fosters collaboration among expert scientists in the field of interest in a virtual setting, to exchange knowledge, disseminate the Action results and allow professional advancement to the new entries in the field of Health.
- B. Maximizes the obtained knowledge within the Action members and their joint effort to seek ways to minimize and resolve birth-related trauma, and to optimize emotional and psychological outcomes for parents and families.
- C. Translates the knowledge gained into applied services and practices that can support families on their everyday life, providing development opportunities or different processes releasing the strain of the birth-related negative/traumatic experiences.

In addition to the above-mentioned contribution to the progress towards the CA18211 Action objectives, the VMG grant proposal supports the COST excellence & Inclusiveness Policy as it can be an excellent platform for researchers to communicate more efficiently their knowledge

to the benefit and showcase the connection between theory and practice, academic research and how it can improve family life and family health.

Furthermore, it can become a creative space which will enable cross-fertilization opportunities for more research questions to be posed and new solutions to be sought in the direction of the role of Academic researchers honoring their role of putting their expertise skills and knowledge to serve the need for quality of life, adding more meaning to everyday mundane processes. It is also an excellent tool for broadening the scope of work among

- Early-stage researchers
- Researchers from Inclusiveness Target Countries &
- Interested Parties from non-COST countries, including Near Neighbour Countries & International Partner Countries who could build on that.

Finally, it makes an excellent tool to reach interested stakeholders and decision/ policy-makers

It is added value to the dissemination of the scientific knowledge on birth-related trauma which can be translated to the best practice for optimising the birth experience for the benefit of all involved.

(max. 500 words)